

WRAP'S 2017 YOUTH GUIDE



The Washington Regional Alcohol Program's (WRAP) 2017 School Resource Guide to Preventing Underage Drinking



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In 2015, 1,886 15-20-year-old drivers were killed and an additional 195,000 were injured in motor vehicle crashes. Twenty-six percent of the young drivers who were killed in crashes had a BAC of .01 g/dL or higher. Finding this completely unacceptable, the nonprofit Washington Regional Alcohol Program (WRAP) and its community partners have joined together and renewed their efforts to create an effective combination of enforcement, public information, education and advocacy to decrease underage drinking. WRAP offers this Youth Guide as a resource to keep teens safe all year long.

Information provided by National Highway Traffic Safety Administration



Mission Statement

A coalition of diverse interests using effective education, innovative programs and targeted advocacy to end alcohol-impaired driving and underage drinking in the Washington, DC metro area.

Washington Regional Alcohol Program (WRAP)

Founded in 1982, the nonprofit [501(c)(3)] Washington Regional Alcohol Program (WRAP) is a coalition of diverse interests using effective education, innovative programs and targeted advocacy to end alcohol-impaired driving and underage drinking in the Washington, DC metro area. Through public education, innovative health education programs and advocacy, WRAP is credited with keeping the metro-Washington area's alcohol-related traffic deaths historically lower than the national average. WRAP, however, may best be known to area residents via the organization's popular free safe ride service for would-be drunk drivers, SoberRide®.

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School-Based Programs and Initiatives

The nonprofit Washington Regional Alcohol Program (WRAP) offers a vast array of services to fight underage drinking and impaired driving in the Washington-metropolitan area. For information on speakers and other free educational information contact us at (703) 893-0461.

Alcohol Awareness for Students

Through the use of cutting edge information and ideas, WRAP provides an innovative, educational program designed to raise teen awareness of the dangers and consequences of underage drinking.

- Stimulates discussion through innovative questioning and interactive demonstrations
- Raises awareness of the consequences of underage drinking and impaired driving with the use of Power Point presentations and videos
- Associates stereotypical student decisions with alcohol-induced risky behaviors

- Utilizes local law enforcement partnerships for increased effectiveness
- Interactive use of unique "Fatal Vision" goggles
- Caters to the individual needs of each audience

For more information or to schedule a presentation, call (703) 893-0461 or email wrap@wrap.org.



FOUR BASIC STAGES OF ALCOHOL USE IN TEENS*

| User Type | Drug | Use | Behavior |
|---|---------|--|---|
| Initial user | Alcohol | Weekend or occasional use. The user learns he/she can produce euphoric feeling from using alcohol. | No obvious change in personality |
| Regular user | Alcohol | Moves from occasional weekends to every weekend seeking the "feel good" reaction. | Obvious changes in personality. Lying, displays of anger may be confrontational with parents/adults, change of friends. Lack of interest in extracurricular activities. |
| Daily user Achieving the "high feeling" becomes the sole obsession | Alcohol | Daily, frequently during the day. Solitary use and overdoses may occur. | Lying, stealing, problems with the law, job loss, failure in academics, loss of original friends, depression and suicidal mental health issues may occur. |
| Complete Dependency | Alcohol | Addiction: The user has no control over use at this point. Brain sends signal seeking drug. | Total deterioration of physical health, weight loss, chronic cough and memory loss, black outs, flashbacks and frequent feeling of helplessness. |

*Source: Loudoun County Public Schools' Substance Abuse Prevention Program

Addiction is a developmental disease. A teenager is more likely to become addicted to alcohol in the future as the brain is still developing. Source: National Institute of Drug Abuse.

- On average, one person is killed in an alcohol-related traffic crash every 51 minutes (National Highway Traffic Safety Administration, 2015).
- Motor vehicle crashes are the leading cause of death of 15-20 year olds. 26% percent of the drivers who were killed in motor vehicle crashes during 2015 had been drinking. (National Highway Traffic Safety Administration).
- If you are arrested for drinking and driving, it will cost you approximately \$5,000-\$20,000 (Thomas Jefferson Area Crisis Intervention Team).
This is equivalent to:
 - One used car or a down payment for a new car
 - 2,200 movie tickets
 - 215 pairs of shoes
 - 428 haircuts
- Teenagers between the ages of 15 and 19 who drink are seven-times more likely to have sex than someone who doesn't drink and twice as likely to have four or more partners, which makes them more susceptible to STD's and unwanted pregnancies (Office of National Drug Control Policy).

Alcohol affects the brain

- Alcohol affects the frontal cortex impairing motor coordination skills and decision making abilities.
- Then it spreads to the midbrain where it causes loss of emotional control and increases the chances of a black out.
- Finally, alcohol alters the brainstem as it affects the heart rate respiratory system, creating body temperature changes and unconsciousness, which could be potentially fatal.

Buzz Kills... Underage Drinking Laws & Consequences

Regional DUI/DWI Youth Arrests

| Laws | District of Columbia | Maryland | Virginia |
|--|---|--|---|
| Blood Alcohol Content (BAC) Under 21 | Any measurable amount of alcohol | Any measurable amount of alcohol | .02 BAC |
| Illegal to drink and drive | Jail: Up to 180 days | Fine: Up to \$1000 Suspend License: One year Jail: Max of one year | Fine: Up to \$500 or 50 hours community service Suspend License: 12 months Class 1 misdemeanor |
| Illegal to possess, consume or purchase alcohol | Fine: Up to \$500 Suspend License: Up to three months | First Offense: \$500 fine Repeated Offenses: \$1,000 fine Suspend License: Up to one year | Fine: \$500 minimum Sanction: 50 hrs. mandatory community service probation Suspend License: 6 months to one year |
| Misrepresentation of Age (Fake IDs) | First Offense: Up to \$300 fine Suspend License: Three months Multiple Offenses: Fine increase Suspension days increase | Fine: Up to \$500 Suspend License: Up to six months Jail: Up to eighteen months 12 points on your license | Fine: \$500 minimum Sanction: 50 hrs. mandatory community service probation Suspend License: 6 months to one year Jail: Up to one year |
| Adults/Parents Who Aid Minors in Obtaining Alcohol | Fine: \$1000 Jail: 180 days | First Offense: Up to a \$5,000 fine Jail: Up to one year | Fine: Up to \$2,500 Drivers License Suspension: Up to one-year for purchasing for underage |

Washington-metropolitan area underage impaired drinking arrests of youth in 2015*

| | |
|----------------------------|-------|
| District of Columbia | N/A** |
| Montgomery County, MD | 124 |
| Prince George's County, MD | 75 |
| Arlington County, VA | 0 |
| City of Alexandria, VA | 2 |
| City of Fairfax, VA | 1 |
| City of Falls Church, VA | 4 |
| City of Manassas, VA | 12 |
| City of Manassas Park, VA | 2 |
| Fairfax County, VA | 164 |
| Loudoun County, VA | 46 |
| Prince William County, VA | 122 |

*Numbers only reflect those under age 21.

**Not available.

Information provided by the Metropolitan Washington Council of Governments (COG).



Alcohol-Related Traffic Fatalities

Alcohol-Related Traffic Injuries

Washington-Metropolitan Area 2015* Youth Under Age 21

| | Total Traffic Fatalities (under 21) | Alcohol-Related Traffic Fatalities (under 21) |
|----------------------------|---|---|
| District of Columbia | 1 | 1 |
| Montgomery County, MD | 10 | 2 |
| Prince George's County, MD | 11 | 2 |
| Arlington County, VA | 0 | 0 |
| City of Alexandria, VA | 0 | 0 |
| City of Fairfax, VA | 0 | 0 |
| City of Falls Church, VA | 0 | 0 |
| City of Manassas, VA | 0 | 0 |
| City of Manassas Park, VA | 0 | 0 |
| Fairfax County, VA | 3 | 0 |
| Loudoun County, VA | 2 | 0 |
| Prince William County, VA | 1 | 0 |
| Regional Total | 28 | 5 |

Washington-Metropolitan Area 2015 Youth Under Age 21

| | Total Alcohol-Related Traffic Injuries (all ages) | Alcohol-Related Traffic Injuries (under 21) |
|----------------------------|--|---|
| District of Columbia | 882 | 15 |
| Montgomery County, MD | 996 | 46 |
| Prince George's County, MD | 1,122 | 59 |
| Arlington County, VA | 71 | 0 |
| City of Alexandria, VA | 70 | 4 |
| City of Fairfax, VA | 50 | 1 |
| City of Falls Church, VA | 14 | 0 |
| City of Manassas, VA | 120 | 8 |
| City of Manassas Park, VA | 4 | 0 |
| Fairfax County, VA | 1,029 | 61 |
| Loudoun County, VA | 382 | 18 |
| Prince William County, VA | 461 | 19 |
| Regional Total | 5,201 | 231 |

*Not available.

Information gathered from local police departments by the Metropolitan Washington Council of Governments (COG).

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Myth: Drinking isn't all that dangerous.

Fact: One in three 18- to 24-year olds admitted to emergency rooms for serious injuries is intoxicated. Additionally, alcohol is associated with many sexual assaults, homicides, suicides, drownings and accidental injuries or fatalities.

Myth: I can drink and still be in control.

Fact: Alcohol impairs your judgment, which increases the likelihood that you will do something you'll later regret such as having unprotected sex, being involved in date rape, damaging property, injuring friends or being victimized by others.

Myth: I can sober up quickly if I have to.

Fact: The liver metabolizes about 90% of the alcohol in the body. Only 10% or less is excreted through urine, sweat and breath. It takes at least one hour for the body to fully process one drink. Nothing can speed up this process—not even coffee, cold showers or chugging water.

Myth: I'd be better off if I learn to "hold my liquor".

Fact: If you have to drink increasingly larger amounts of alcohol to get a "buzz" or "high," you are developing a tolerance. This increases your vulnerability to many serious problems, including alcoholism. In addition, a person may not look or feel intoxicated, but his or her cognitive and psycho-motor skills are nevertheless impaired putting him or her at high risk for serious problems involving driving, sexual decision making and long term health problems.

Information provided by the National Institute on Alcohol Abuse and Alcoholism.

The following consequences are a small sample of the realities one might face as a result of underage drinking.

Medical:

- Accidents and injuries
- Passing out
- Blackouts
- Nausea and vomiting
- Hangovers
- Alcohol poisoning

Social and Psychological:

- Social isolation and withdrawal
- Personality changes
- Depression
- Anxiety
- Embarrassment or guilt
- Drinking to feel more confident in social situations
- Feeling angry when one's drinking is discussed

Academic:

- Academic failure
- Missed classes
- Difficulties with deadlines or procrastination
- Delayed or missed graduation

Sexual

- Impotence to males
- Contracting a sexually transmitted disease
- Unintended pregnancy
- Victim of a sexual assault
- Not using protection

Decision Making:

- Trying other drugs for the first time
- Mixing alcohol with medication
- Engaging in risky behaviors
- Inability to predict one's behavior



Information provided by the College of William and Mary.

Suggested Activities

Spread Your Message – Design flyers, posters or tie messages onto candy and distribute to students.

Make a PSA – Make your own public service announcement/commercial with a focus on the dangers of underage drinking and impaired driving. Show it to your school during morning announcements or at the next pep-rally. Send copies to local TV stations.

Day of the Living Dead – Have students paint their faces, wear tombstones and walk around in silence for a day as a means of representing the number of people killed in alcohol-related traffic crashes each year.

Join Up – Join or start up a SADD or related club in your school. Visit www.sadd.org for more information.

Community Involvement – Get involved with the community through leadership positions, walks/runs, volunteer opportunities, etc. The more effort you make to spread your message and promote your name, the more effective you will be.

Special Thanks To:

District of Columbia Department of Transportation

Maryland Highway Safety Office/
Maryland Motor Vehicle Administration

Virginia Highway Safety Office/
Virginia Department of Motor Vehicles



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